Mission:
To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.

Florida HEALTH
Gulf County

Rick Scott
Governor

John H. Armstrong, MD, FACS
State Surgeon General & Secretary

Vision: To be the **Healthiest State** in the Nation

FOR IMMEDIATE RELEASE
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GET YOUR FLU SHOT

DEPARTMENT OF HEALTH ENCOURAGES FLU VACCINATIONS TO CURTAIL ILLNESS

Flu season is just around the corner and the Florida Department of Health in Gulf County encourages residents and visitors to get vaccinated against influenza (flu). Compared with most other viral respiratory infections, such as the common cold, influenza infection often causes a more severe illness, and at times can lead to death.

"Flu vaccines are available at either DOH-Gulf location by scheduling an appointment. We encourage you to take this simple step to protect yourself and others from this potentially serious illness," said Marsha Lindeman, Administrator of the Florida Department of Health in Gulf County.

Be sure to watch for symptoms of the flu, such as headache, fever, a severe cough, runny nose or body aches. This is particularly important for people at high risk for serious complications from flu. For those with the flu, antiviral medication may shorten both the duration and severity of illness.

The Florida Department of Health urges the following preventive steps for the flu:

- Get vaccinated EVERY YEAR because as the flu types change, the vaccine changes.

- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.

- Avoid touching your eyes, nose and mouth, because germs spread this way.

- Avoid close contact with sick people.

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

- If you are sick with flu–like illness, contact your primary care physician to determine whether you need antiviral medication. Stay home for at least 24 hours after your fever is gone (except to get medical care or for other necessities).

DOH protects, promotes and improves the health of all people in Florida through integrated state, county and community efforts. For more information, contact the Florida Department of Health in Gulf County at 850-227-1276.

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